Alpine County Behaviora	l Health Services, Wellness Prog	grams 530.694.1816	"MUSIC"	MARCH 2020	
Sunday Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2	Wellness Drop In Hours 1-4p 3	Wellness Drop In Hours 1-4p 4	Wellness Drop In Hours 1-4p 5	6	7
Senior Soak All day at Grover	Aerobic 10:30 Chair Ex 11a-12p Holistic	Playgroup 12-2p Learning Center	Senior Soak All day at Grover Hot Springs	High Schoolers Outing to	
Hot Springs	Health Movement 12p-1p Gym	Wellness Center Hours 1-4p Firehouse	Aerobic 10:30 Chair Ex 11a-12p Holistic Health	Kirkwood	
	Wellness Center Hours	"Mandalorian Episodes" & Popcorn 2-4pm	Movement 12p-1p Gym	Create the Good-12-2p	
	Drop In to work on project or just hang out.	Talking Circle 4:30p Firehouse	Wellness Center Hours 1-4p "Metal Stamping"	with <b>Diabetes Lesson</b> by CSS &	
	Yoga 5:30p-7p The Learning Center	Family Night 5:30-6:30p next to Firehouse	SafeTALK Training at Kirkwood 1230-430p	Community Walking Club to	
	Paperwork due for High School Ski/Board		High School Hang Out Dinner & Activities at the	follow 1p from The Firehouse	
	Outing at Kirkwood Friday March 6, 2020		Firehouse 5-7pm		
8 9	Wollness Drop In Hours 1 (n 10	Wollness Drop In Hours 1 4n 11	Yoga 5:30p-7p The Learning Center Wellness Drop In Hours 1-4p 12	13	1.0
Senior Soak All day at Grover	Wellness Drop In Hours 1-4p 10  Aerobic 10:30 Chair Ex 11a-12p Holistic	Wellness Drop In Hours 1-4p 11 Playgroup 12-2p Learning Center	Wellness Drop In Hours 1-4p 12  NO Senior Soak due to lifeguard certification	Create the Good-12-2p	14
Hot Springs	Health Movement 12p-1p Gym	Diabetes Lesson & Healthy Snack by CSS	Aerobic 10:30 Chair Ex 11a-12p Holistic Health	Firehouse	
Outing to depart 9am	Wellness Center Hours	10am at Chamber of Commerce	Movement 12p-1p Gym	Activity with Suicide	
Outnig to depart 3am	Drop In to work on project or just hang out.	Wellness Center Hours 1-4p Firehouse	50+Club St. Patty's Day Potluck & Irish Music	Prevention Network	
	Yoga 5:30p-7p The Learning Center	"Mandalorian Episodes" & Popcorn 2-4pm	12-2p The Learning Center	Trevention Network	
	10gu 5.50p 7p The Learning Center	Talking Circle 4:30p Firehouse	Wellness Center Hours Firehouse 1-4pm "Metal		
		Family Night 5:30-6:30p next to Firehouse	Stamping"		
			Yoga 5:30p-7p The Learning Center		
4 =					
15 <b>16</b>	Wellness Drop In Hours 1-4p 17	Wellness Drop In Hours 1-4p 18	Wellness Drop In Hours 1-4p 19	20	21
15 16 Senior Soak All day at Grover	Aerobic 10:30 Chair Ex 11a-12p Holistic Health	Wellness Drop In Hours 1-4p 18 Playgroup 12-2p Learning Center	Senior Soak All day at Grover Hot Springs	Create the Good-12-2p	21
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